



Dear Employee and covered legal spouse enrolled in the Lennox medical plan,

It's that time of year when health screenings take center stage! Just a reminder—employees and their covered spouses enrolled in the Lennox medical plan can complete their health screening as early as January 1. There's no need to wait for the onsite events in August or September.

Health screenings are a key part of our wellness program and help you avoid a \$75 monthly wellness surcharge—plus an additional \$75 for any covered spouse—on your medical premiums in 2026.

What is the Health Screening?

The **Annual Health Screening** is a quick and confidential checkup that includes a blood draw or finger stick to obtain basic health measurements. It helps you understand your health numbers and gives you access to resources that support your well-being. Your screening takes less than 20 minutes.

What does the Health Screening measure?

The LiveWell Health Screening measures 5 key health metrics. You and your covered spouse will need to meet 3 of 5 health metrics or improve on 3 out of 5 to avoid the \$75 monthly surcharge.

- **Blood Glucose (fasting)**
 - Target Goal – Less than 100mg/dL
- **Blood Pressure**
 - Target Goal - Less than 130/85mm Hg
- **HDL Cholesterol**
 - Target Goal
 - Men: Greater than or equal to 40mg/dL
 - Women: Greater than or equal to 50mg/dL
- **Triglycerides**
 - Target Goal - Less than 150mg/dL
- **BMI or Waist Circumference**
 - Target Goal - BMI – Less than 25 or;
 - Target Goal - Waist Circumference:
 - Men: Less than or equal to 40 inches
 - Women: Less than or equal to 35 inches

Are the results confidential?

Yes, the results of the biometric screening are completely confidential and no individually identifiable information will be shared with Lennox.

Who Needs to Participate?

- Existing employees and their legal spouses enrolled in the Lennox medical plan must meet or improve 3 out of 5 health screening metrics (see above).
- New hires and their legal spouses with Lennox medical plan coverage starting between 1/1/25 and 7/31/25 must complete a health screening and submit metrics – no further action is needed.

**If you are pregnant, you do NOT need to complete a Health Screening. Instead, you must submit the Pregnancy Waiver found at www.LIveWell.com by 11/28/2025.*

**If you are unable to meet these requirements, your physician can sign a Medical Waiver found at www.LIveWell.com by 11/28/2025.*

***NOTE: Employees who are on leave must also submit their health screening by 9/30/2025.**

How to Complete Your Health Screening:

You can choose **one** of the following options. You only need to complete **one** of these three options:

1. **Attend an onsite health screening** (locations and dates vary by site)
2. **Visit Your Doctor. Print the Physician Form on www.LIveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form using one of the following methods:**
 1. Securely upload (preferred method) online at www.LIveWell.com
 2. Fax to 402-939-0772
 3. Mail to TotalWellness, Attn: Data Team, 9320 H Court, Omaha, NE 68127 – Form must be received by 9/30/2025. Please contact WebMD at 1-844-800-2454, to confirm your lab results were received.
3. **Schedule a LabCorp appointment** (Lennox covers the cost)

Visit www.LIveWell.com to find a LabCorp near you that offers “Employee Wellness with Body Measurements.” Download the Lab Requisition Form and take it with you. The lab will submit your results automatically.

Follow these tips before your screening:

- Fast from food, drinks and tobacco products for at least 9 hours. Check with your doctor before fasting if you are diabetic.
- Avoid strenuous exercise and alcoholic beverages for 24 hours.
- Drink water to stay hydrated.
- Take your regular medications.

Key Dates to Know:

- **Deadline to complete screening: 9/30/2025.**
- **Deadline to submit Medical Waivers and Pregnancy Waivers: 11/28/2025.**

Next Steps:

- Visit the [LlveWell website](#) for full details
- Read the [2025 Health Screening FAQ](#) for common questions

**First time users will need to register for a LlveWell account. Click [here](#) for the Employee-LlveWell Registration Guide.*

**Legal spouses must create their own LlveWell account and upload relevant health screening forms or waivers into their own LlveWell account. Click [here](#) for the legal spouse registration guide.*

For **health screening questions**, please contact WebMD at 844-800-2454, or reach out to your HR Partner.

If you have questions or need help, we're here for you!

Thank you for making your health a priority.